ir POP JOE MOTT **Edited by** DOUBLE AWARD WINNING  $\mathsf{K} \mathsf{M}$ DAWSON

### Take Tho o double

# Picture: YDIMAGE.COM

### LADS' CHART JOY

TAKE That are set for double victory this weekend – topping the

album and singles chart.
I've had a peek at early sales figures which show the man-band sold almost 48,000 copies of Beautiful World after just

of Beautiful World after just one day in the shops.
And their single Patience is flogging more than double the amount of **Akon's** Smack That to retain its top spot. **Oasis** are just over 400 copies behind Take That in the album battle, with **II Divo's** new release Siempre chasing their tail.
It's a well-deserved result for **Mark Owen**, 34, **Jason Orange**,

The Fratellis,

**Gibson Guitar Studios, London** 

### **EXCLUSIVE**

36, Gary Barlow, 35, and Howard Donald, 38.
When I met them at the launch of Beautiful World, Jason said: "It's not the end of the world to be No 1 or not but it would be nice."
Jason also revealed he's hoping Ricky Gervais, 45, will attend their ITVA Audience With... show this Saturday.

### Hits

Hits

He said: "I sent him a note saying how much of a fan of his I am and we'd love him to come down.

"I'd also be great if we got a cameo in one of his shows.

"We haven't been told which celebs have agreed to be in the audience but we've each picked people we admire, so if they can all make it then we're in for a great night."

One person who can't be there to see the band perform is ex-bandmate

Robbie Williams, 92.

Mark said: "I'd have loved it if Rob came but he can't as he's in Australia.

"He sent me the biggest bouquet of flowers when my son Elwood was born, which was so nice of him.

"We talk all the time.

He's not met Elwood yet but hopefully soon."

At the rate Take That's popularity is soaring, I expect Rob may be starting to rethink about joining them for a sing-song.

# THESE guys have the perfect faces for radio. There's Stig Of The Dump on drums, your overweight uncle on bass and a curly singer who looks naked without Orville the Duck up his arm. Fortunately, The Fratellis are all about the music. Stripped of studio trickery, songs from album Costello Music revealed its true punk/folk roots. Baby Fratelli harked back to early Green Day while Ole Black 'N' Blue Eyes is surely the greatest Kinks song that never was. But a raucous Everybody Knows You Cried Last Night will live longest in the memory. • Hear the gig on Virgin Radio's Most Wanted with Ben Jones tomorrow from 7pm.

THE boys of Snow Patrol are planning solo albums just as their latest collection has been named the biggest seller of the year. Eyes Open has trumped Arctic Monkeys, selling 1.2 million and going four times platinum. The

album has been the record which broke Snow Patrol, big time, in America – as Hot predicted ahead of its release in May. Frontman Gary Lightbody, 30, revealed he is heading into the studio to lay down an electro colection of his own.

The Irishman said: "Our guitarist Nathan Connolly wants to make an album of his own and I'm going to do something on my own in January, "But we'll always be together – just like at

together – just like at the end of Grease."

The band are currently on a UK arena tour.

on Academy on December 9.
y join The Kooks, The Feelin
Automatic, Boy Kill Boy and
tain in raising cash for Shelter.
t following night they play Leeds
student Union for a Nokia show.
ww.ticketrush.co.uk for briefs.

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HOT TICKETS



**WILTS AT GIG** 

FORGET-ME-NOT Lily Allen had a temporary bout of popstar's block while performing at a charity show popstar's block while performing at a charity on Monday night.

The 21-year-old couldn't remember the words to

The 21-year-old couldn't remember the words to Everything's Just Wonderful so had someone nip backstage and print them off from a Google search. Lily was joined at the show, in aid of Mencap, at London's Union Chapel by Coldplay's Chris Martin, 28, who did a sterling solo turn.



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SOAP babe Roxanne
McKee has been
struck down with a bug,
plunging show producers
into a Christmas pamic.
The gorgeous brunette,
24, who plays salon boss
Louise Summers, has been
off work with the mystery
illness for more than
three weeks and has been
told by doctors to pull out
of filming.
The show's producers
have had to to rewrite key

MYSTERY BUG: Roxanne

### HOLLYGAKS

storylines, including the child abuse trial of teacher Becca Dean, so that Roxanne does not appear. And the babe's photoshoots and interviews are also on hold. An insider said: "It's not certain how long she's going to be out but no-ominds, they're more concerned about Roxanne."



**FURIOUS Kevin Wicks hits** FURIOUS Kevin Wicks hits the roof when a Bad Girl from his past spoils his holiday. The car salesman is stunned when ex-wife Shirley arrives at his holiday home in Dorset where he has whisked his kids away for a break.

Shirley (ex-Bad Girls star Linda Henry, 42) is determined to be a

### **EastEnders**

part of her children's lives, even though she abandoned them when they were babies. Phil Daniels, 48, who plays Kevin, said: "He's horrifled when she shows up and doesn't want her around."

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babe drops knickers



### CORONATION ST

EXCLUSIVE by JOHN MAHONEY

CORRIE'S Underworld factory is dropping its knickers and returning to the glorious denim days of making jeans. New arrival Carla Connor decides saucy lingerie isn't the way to make a feetune.

So she turns the clock back to when Mike Baldwin first rolled into Weatherfield.

### Rocked

In 1976 jeans made the late Mike (Johnny Briggs, 71) an absolute mint when he was boss of Baldwin's Casuals.
But in 1988 the demand for denim fell off, so he started making curtains before moving on into women's undies.

Now the factory will be rocked when Carla (Alison King, 32) arrives with ideas to design and sell her own denim range.

She tells husband and factory boss Paul (Sean Gallagher, 40) there are orders to be had from swanky boutiques in fashionable areas of Cheshire where the WAGs live.

An insider said: "She makes a real impact, although the factory girls don't know what's hit thm.

them. "All they're used to is acy lingerie, so they all think returning to denim is the way to disaster. "But they eventually have to admit that Carla knows what she's doing."

john.mahoney@dailystai

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■ by JERRY LAWTON

### **LEGLESS driver Robert**

Bate led police on an 80mph chase while using a broom handle to push the pedals.

The drugged-up double amputee strapped the stick to his wrist with duct tape to power his Vauxhall Astra away from chasing officers.

away from chasing officers.
Steering with one hand and using the other to push the accelerator with the broom, he raced past an infants' school.
But Bate, 27, lost control of his battered automatic on a tight right-hand bend and flew off the road into a field.
When police arrived at the scene in Hetton-le-Hole, Tyne and Wear, they were stunned to find the driver had no legs and was high on heroin and cocaine.

### **Swerve**

Yesterday Bate – who lost his legs in a railway accident while stealing coal when he was nine – was jailed for a year after admitting dangerous driving under the influence of drugs and not having a licence or insurance. Melinda Blackburn, prosecuting, told Newcastle Crown Court police gave chase from



BROOM BROOM: Bate's wrecked 'pole-driven' Vauxhall Astra

the B1285 at Hawthorn, near Peterlee, Co Durham.
Bate – who had two passengers – stopped by the side of the road but sped off when police got out of their car to speak to him.
He almost lost control on a series of blind bends, and forced drivers to swerve out of the way. At Merton Infants School he crossed on the wrong side of the road on a blind bend to overtake a vehicle.
"As police got to the bend they could no longer see the Astra's tail lights," Mrs Blackburn said.
"Then the officers saw the car

ed 'pole-driven' Vauxhall Astra
in a field, having crashed
through a hedge and fence."
Nick Cartmell, defending, said
Bate had "suffered terribly"
since losing his legs as a boy.
An engine had shunted trucks
as he was aboard filling bags
with coal. He fell on the tracks
and the trucks severed his legs.
He said Bate, of Blackhall, Co
Durham, was sorry and desperate to make a new start in life.
Judge David Hodson banned
him from driving for two years
and told him: "It was a miracle
nobody was injured."



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Sex up my dull hubb CHEWIN'
THE FAT Back Page

THE TOXIC 'TREATS' LURKING

### What's your POISO

### PARSNIPS

PARSNIPS
Toxic beware! - Contain natural toxins called furocoumarins, usually found in the peel.
What's the real risk? - The toxins can cause stomach aches and may also a painful skin reaction when combined with UV rays from sunlight.
Advice - Peel before cooking and remove any damaged parts. Levels of toxin drop after cooking. Throw away the cooking water, too.

### POTATOES

POTATOES
Toxic beware! - Spuds
contain natural toxins
called glycoalkaloids,
usually at low levels. But
higher levels can be found
in the green parts, on
sprouted potatoes and
potatoes stored in light.
And glycoalkaloids are
not destroyed by cooking.
What's the real risk? Serious glycoalkaloid poisoning
can, and has,
caused death.
But it's rare and
the most you're
likely to get is a
bit of an upset
stomach.
Advice - Store spuds

NEVER been to Russia or eaten sushi? Then you have no chance of being poisoned, right? Wrong! New research suggests you don't have to be a spy to be at risk.

Lurking in our kitchens are foods which can, under certain conditions, prove deadly – and most of us eat them every day. There may even be polonium 210 itself in your home.

Tobacco smoke contains minute traces of it. Some scientists even claim that radioactivity, not tar, is responsible for most cases of smoking-related lung cancer.

So from rhubarb crumble to Christmas cake, here's BARBARA DAVIDSON'S run-down of the foods that can be toxic.

in a dark, cool and dry place and don't eat any green or sprouting bits. Don't eat cooked potatoes that still taste bitter. If you come across a green crisp in your bag of Walkers, best to chuck it in the bin.

RHUBARB

Toxic beware! --Contains natu-

rally-occurring oxalic acid. The amount depends on

the age of the plant, the season, climate and type of soil it's in. What's the real risk? — Oxalic acid poisoning can cause muscle twitching, c r a m p s, decreased breathing and heart

ing and heart action, vomiting, pain, headache, convulsions and coma.

Advice – The highest concentrations are in the leaves, so don't eat them.

FRUIT SEEDS
Toxic beware! - Apple and
pear seeds and the inner
stone of apricots and
peaches contain something called amygdalin
that can turn into hydrogen cyanide in the stomach causing discomfort,
illness and even death.
What's the real risk?
Swallowing the odd seed
or pip isn't a problem but,
for a young child, just a
few can cause illness and
in rare cases prove fatal.
Advice — Don't make a
habit of eating the seeds
from these fruits. Apricot
kernels are sold as health
foods but don't eat more
than one or two a day.

BEANS
Toxic beware!

Many types contain toxins called lectins, but the highest concentrations are found in kidney beans, especially red ones.

What's the real risk?

As few as four or five raw beans can cause severe stomach aches, vomitting and diarrhoea.

Advice – Soak the beans for at least 12 hours, then boil them vigorously in fresh water for at least on interest and the proof of the cook beans at a low temperature half-cooked beans can be more toxic than

beans can be more toxic than raw ones.

APPLES

Toxic beware! –
Mouldy or damaged apples can contain a substance called patulin, particular-



STOMACH-TURNING: There are hidden poisons in your kitchen cupboard

ly around the bruised or damaged part

ly around the bruised or damaged part.
What's the real risk? – No danger to humans has been proven but patulin can cause cancer in rats. Guidelines for fruit juice makers exist as a precaution.

Advice – Avoid mouldy apples and don't use them to make

them to make sauce or juice.

CHRISTMAS CAKE Toxic beware! – Low levels of poisonous

cyanide are present in almonds, the main ingredient in marzipan. Food safety rules state that nougat and marzipan may contain only up to 50mg of cyanide per kg. What's the real risk? — Cyanide poisoning causes dizziness, confusion and convulsions followed by terminal coma, but the tiny amounts in marzipan mean you'd have to eat vast quantities to be at risk. Advice – Try a mince pie.

COURGETTES

COURGETTES

Toxic beware! —
These minimarrows may contain natural toxins called cucurbitacins, which can produce a tell-tale bitter taste.

What's the real risk? —
Bitter convertise can

What's the real risk?—
Bitter courgettes can
cause vomiting, stomach cramps, diarrhoea
and collapse.
Advice – Don't eat any
courgettes that taste bitter or have a strong,
unpleasant smell.

### Stay healthy guide

NATURAL toxins are usually harmful only if eaten in large quantities over a long period of time.

But follow these rules to ensure that you and your family stay fit and healthy...

Eat a wide under the stay of the stay of

healthy...

Eat a wide variety of foods.

Throw away foods after Use By date.

Store food properly.
Don't assume if something's 'natural' it means it's safe.
Prepare and cook foods properly.
Throw away bruised, damaged or discoloured foods.
Throw away any foods that don't smell or taste fresh or have an unusually bitter taste.

### **FOLLOW TIPS FROM TELLY'S**

**EVER** stared in the mirror and wished you could turn back

Some lucky sods seem to have all the luck when it comes to the

Take Teri Hatcher, far right, for one. You'd never guess such

one. You'd never guess such top totty was the same age as Courtney Love.

Thankfully, though, young looks aren't just down to good genes and there are plenty of ways to stay sexy as you put on the years.

Here NICKY HAMBLETON-

2 PSP GAMES

FOR E3

JONES - presenter of the transformation show 10 Years Younger - lets us in on her top anti-ageing secrets.

Elili



by BARBARA DAVIDSON and KATE JACKSON

SOME might say that Nicky Hambleton-Jones is a tad tough on SOME her victims.

her victims.

The straight-talking host of 10 Years Younger isn't shy about giving her guinea pigs a real dressing-down at the start of their transformation.

But 33-year-old Nicky, who has a background in diet and beauty, has a softer side. "I have been known to shed a couple of tears," she says.

"Especially if the person has been through a really tough time.

"You really feel that you play a big part in changing their life."

The South African style

their life."

The South African style guru has seen some real shockers during the three series, but she insists she can knock those years off with the help of surgery, a new hairdo and some snappy dressing. "It boils down to a lack of confidence," she says.

"The people I see often feel older and don't feel right wearing younger clothes.

### Natural

"Or there's the other extreme where they wear totally unsuitable clothes for their age."

Some of the transformation which Nicky administers is down to the surgeon's knife but she says you don't have to go for the nip/tuck to look younger.

"Plastic surgery is more prevalent these days, but the majority of people can't afford it or don't want to take the risk," she says.

"And most people at home won't be in such a state as the people on the show. They'll probably have more than three teeth, for one thing.

"Just changing your hairstyle or updating your wardrobe can make a big difference to how you look.

"Too much surgery makes you look older.

"The idea is to look as natural as possible. Getting the fake look will age you."

### Nicky on...



ANNE **ROBINSON** 62 years old

"She's had surgery bu she looks great on it."



**DAVINA McCALL** 39 years old

"Again, she used to look more frumpy but now she looks great."



### 10 WAYS TO

GET a flattering haircut. Don't go for a really short crop or long hair below the shoulders and avoid blunt cuts. Ideally, girls should keep hair just below the chin. Fellas, if you start losing your locks think about shaving 'em off.

GET your teeth lightened. Your gnashers can yellow over time thanks to coffee, tea and red wine stains. There are many methods available, with different levels of effectiveness, from pastes and gels applied at home to dental treatments including laser whitening and peroxide bleaching.

SEEND money on your eyes, where you often spot the first signs of ageing. The skin there is

thin and prone to eal a dab of the right disguise or prevent of fine lines.

ANTIOXIDANTS model of the lines.
ANTIOXIDANTS model of the lines.
MEDIANTS model of the lines of the less is more. He and eye shadows call and harsh black eye add on years. Older steer clear of bro lipstick.

BANISH the fit

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OR AS PRICED

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### **BEEN KINDER TO**







SAME AGE, DIFFERENT FACE: These celebrities were born in 1968, but From left... Sadie Frost, Catherine Tate, Patsy Kensit, Gillian Anderson a

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You will not be playing for real money so you have nothing to lose and everything to gain. Simply by registering for the Daily Star Restricted tournament on the site you will

be automatically ented PRAW to win a top of PLASMA SCREEN TV on The winner of the tou whisked off to the Cathe Bahamas (all travel)

GILES COREY, motorcycle engineer, 48. I used to play poker socially but I've really enjoyed the simple, switch to online play. I can play 24/7 and I can get many more games per evening without going out in the rain. 888.com have a great helpline so you never have to worry if there's something you don't understand. You can just ask. I played in the last Daily Star competition and it was really exciting getting down to the last



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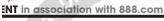
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Good luck!

TENTUER TERTE NOW AT WWW.DATEYSTAR.CO.UK/888

ars YOUNGER

e asked Nicky to cast her eye over a few of our favourite elebs to see whether they really are acting their age:



### **CAROL** VORDERMAN 45 years old



### **SHARON OSBOURNE** 54 years old

"She's had a ton of work done and I didn't like he cropped hair but now she's gone back to he usual style, she looks fantastic."



### GEST, 53 years old



### JUDY **FINNEGAN** 58 years old

### **CHIEVE YOUR TARGET**

rly wrinkles, but eye cream can the appearance

are thought to radicals in the r fine lines and ams containing liet rich in plant igns of ageing. sa to make-up, savy foundation n sink into lines eliner can also women should wn shades of

rumpy clothes.

tent-like outfits as that will age you even more. Instead, wear fitted clothes, nipped-in jackets and cinched-in waists. Fitted togs make you look streamlined, improve your posture and boost your confidence.

WEAR colour. Nicky says that older women in particular are guilty of hiding behind dark colours, but these only add to your age and drain the colour from your face. It doesn't have to be a bright red jumper but think about accessorising or wearing a coloured shirt with a black jacket.

UPDATE your wardrobe with accessories. This season's skinny scarves and chunky waist belts are great for livening up an

outfit as well as adding colour and

outfit as well as adding colour and shape.

MEAR sun protection every day. Exposure to the sun and smoking are the skin's worst enemies. Nicky says: "A 20-aday smoker in his or her 40s can have as many wrinkles as a non-smoker in their 60s."

On 10 Years Younger, guests can only have plastic surgery once they have quit the fags.

DRINK two litres of water a day. Every time you have a cup of tea or coffee, have a glass of water first. The major component of skin is water so keep yours hydrated by guzzling as much of the clear stuff as you can.

### THEY'RE ALL 38





time has been more kind to some than others. nd Wendi Peters (Cilla in Coronation Street).



THEY'RE 62



CHALK AND CHEESE Keith Richards, top, ar





### WHAT'S OUT



TALK OVER YOUR HEALTH QUERIES WITH OUR PANEL OF EXPERTS •

of health experts

want to help you solve your problems.

They'll tackle anything from fear of flying to

your most intimate sex worry.

Check out the panel on the right and see how you can contact

them now.
Here they
answer the latest batch of readers' queries... DR CHRIS STEELE Health expert

One of One of the UK's best known GPs, Dr Chris, 61, has been giving tips on This Morning for eight years, plus on the radio. See www.the tamilyGP.com FRANCES FURLONG Beauty expert

A nurse for eight years, Frances, 29, was a sister in laser retractive surgery. Now a nurse practitioner in aesthetics, she's a professional practice graduate. www.chyskinklinic.co.uk

Sexercise of

the wee

GARETH EDWARDS Nutrition expert

ber of the British Association of Nutritional Therapists,
Gareth, 42, has a food-based a 100d-pased approach to health issues. www.food-for-life.co.uk

PLEASURE PROFESSOR Sex expert

Famed for her appear-ances on Five's Trisha Show, our sexy prof, 30, is a teacher of tantric teacher of tantric sex, yoga, reiki and EFT, with clinics here and in Spain. www.pleasure-professor.com HARVEY WALDEN

A US marine for 22 years, Harvey, 39, is famed for his boot camp approach to getting fattles fit on Celebrity Fit Club and a US version. www.harvey walden.com RON BRACEY Mind expert

Ron, 46, is a chartered clinical psychologist who has more than 20 years' experience in both the public and private sectors. www.urban psychologist.com

MY husband and lare constantly fighting about stupid things. When I try talking to him about it, we get nowhere and he storms out. I don't want us to break up, but what else can I do? GWEN, Cardiff.

RON SAYS:
Encourage
him to
discuss
how he
feels and try
to establish what it
is that's bugging
him. The little
things are often
symbolic of bigger
issues, like who has
the power in the
relationship, who
has the last word or
who is always right.
Check this out and
you'll soon be doing
more than just kissing and making up.

**PELVIC THRUST** 

HOW TO DO IT: Lie on your back with

To contact our experts, text DSHEALTH followed by your name and question to 82100 (texts cost 25p plus your normal mobile operator cost), e-mail health@dailystar.co.uk or write to: Daily Star Health, Northern & Shell Building, 10 Lower Thames Street, London EC3R 6EN

### Getting stuck in to vea

Q I EAT a lot of takeaways, especially when I'm watching the footic. I love Chinese and Indian, so could you tell me the best things to order so I don't end up with too much of a beer belly.

SIMON, Kirklees.



GARETH SAYS:
Make sure that the ingredients they use are fresh and not tinned, so ask the curry house or Chinese when you ring up!
A lot of Indian food is nutritious as well as tasty. Dahl is made from lentils, for instance. But go easy on the doughy nan bread and have basmati rice instead. So you might want to order a vegetable biryani or king prawn dansak with rice. Poppadoms are prrobably preferable to nan, but the oils they are fried in are not great.
At the Chinese, veg

are fried in are not great.

At the Chinese, veg and beansprout stirfies can be tasty and healthy. But avoid monosodium glutamate, soy sauce and sugar in the sauces. Choose fish or seafood instead of beef chicken, duck or lamb. If you have chicken or duck, ensure the portions are small compared to the veg. Prawns or monk fish with manga-tout or pak choi sounds good to me.

# HOW TO DO IT: Lie on your back with your hands by your sides. Bend your knees and thrust your groin to the sky. This is basically a sit-up position, but you're thrusting your groin rather than bending forward. Hold the pose for a count of five, then repeat. HOW IT WORKS: Besides working your pelvic muscles, thrusts will strengthen the quadriceps on the front of your thighs. They're also great for hamstrings and calves. Your gluteal hip muscles and bum will also feel the benefit. Men in particular will benefit from a stronger, more controlled thrust action. The toning up of leg muscles will give you better gripping power in the sack and improved stamina should equal more repeat

MY husband is not very adventurous in the bedroom. But I would like to try out a few more positions than just missionary each time. Can you tell me how I can approach him about this without offending him? ling him? CATHY, Llanelli.

### THE PLEASURE PROFESSOR SAYS: Tell him you have read the following tips in the Daily Star and would like to give it a go with him.

At least once a week, arrange to meet and pamper each other on alternate sessions. But stay away from the bedroom, because it is associated with sleep. Set a lovely area, with covers and cushions, and take the lead. The idea is not to have sex but everything else goes!

verything else goes! Prepare your props – feathers, blindfolds and sex toys

Be loving and gentle with him. Feed him fruits and ice cream, and eat them

off him.
While he is blindfolded While he is blindfolded play him a song or sing. Massage him, tease him... the idea is to awaken all the senses so when you get down to it the next time he'll be full of awareness. And you too will be extra hot for it!

PEOPLE who are two stone overweight have 5,000 extra miles of blood ressels in their body. Their hearts also sump an extra 10 beats per minute, or 14,400 times a day, or 5,256,000 every year.

I USED to be quite fit, but after a long illness, I was out of shape. I went back to the gym and went hell-for-leather like I used to, but pulled muscles and made myself sick again. Can you give me some advice on how to build up slowly so that I can get my fitness and figure back. BEVERLY, Ramsgate.

HARVEY SAYS: Beverly, let me first say, DON'T RUSH IT! You'll never be able to

go back into the gym after an illness, especially a long one, and pick up where you left off.

I know it's frustrating because I too was out of the gym for a while as I got ready for a marathon. During that time, I didn't lift as much as I usually do.

There is nothing worse than coming off a lone

than coming off a long time out and not being able to work out at the same level. But just suck it up, and know it's going to happen. The motivation is getting it all back and knowing it will come back. Now is the time to really

Now is the time to really focus on your form when performing the exercises, as well as breathing. You won't be lifting as much as you did before, but when it comes back you'll be amazed and really impressed with the results.

You tell me what's more perfective ground to the

You tell me what's more motivating – going to the gym and pulling a muscle, or going in there and leaving after a smart workout knowing you can get in there and do it again? You don't have to be a space shuttle scientist to figure that one out!

Just make sure you are doing a proper wayn up.

Just make sure you are doing a proper warm-up before your workouts because you have been off for a while, and do a proper cool-down and stretch afterwards.

### We can fix your wrinkles

equal more repeat performances.

I AM a 34-yearnoticed my les are getting deep. My sus is
Imenting on how
Igh my skin feels,
Can you
Immend a skin
I ceream for men to
I e me look better
I feel nice again?
I Middlesbesush



FRANCES SAYS: Because you work outdoors skin is exposed

ear a nign-rotection sun lotion aily, with a vitamin C erum. I prefer the kinceuticals range all 0208 997 8541 for

your skin is rough, kin-peeling agent nicrodermabrasion

vhich is safe



IN a lifetime, the average meat-eater consumes the equivalent of 760 chickens, 20 pigs, 29 sheep, five cows and half a trawler-load of fish. Oh, and about 16,000 gallons of water, too. Now that's a lot!

### 'S BIANCA REVEALS THE SECRET OF HER HOT NEW LOOK





### **HERE'S Bianca Gascoigne** looking berry fit!

The sexy 20-year-old looks in fine form for the Christmas party season and is guaranteed to have the fellas queueing up under the

mistletoe. So what sort of blokes does the

So what sort of blokes does the lovely Ms Gascoigne go for?
And what's the best approach for chatting her up?
"I like tall, big guys with dark hair, lovely eyes and a lovely smile," says the cheeky lass.
"The best advice I can give is to just be yourself. Don't be arrogant. Don't be stuck up.

"Just be nice and approach me in the right way and that's about it – it's as simple as that."

And the gorgeous babe can't stop smilling after dropping a dress size. She reckons the secret to her sexy new figure is down to one thing berries.

Bianca has a major sweet tooth and used to feast on chocolate. But since

### By LINDA HARRISON

she swapped the sweets for blueberries she's watched the excess weight literally drop off. "My legs are firmer and my stomach's now feeling more toned," she says with a grin. "And I've got much more energy now."

### **Amazing**

The saucy star, who was crowned top babe in Love Island after getting fruity with sexy co-star Calum Best, 25, couldn't wait to show us her stun-

25, couldn't wait to show us ner stunning new curves.

"When I came off Love Island a lot of people said that I had got fatter," she reveals. "It really hurt me and dented my confidence.

"But now I think I look better. And

"But now I think I look better. and I feel so much better, too."

We thought she looked pretty amazing before and we're glad to see that despite all this weight loss she hasn't lost her fantastic curves. Let's

face it, most blokes probably only tuned in to Love Island to get an eyend of Bianca in her bikini.

"The cameras were on us all the time and sometimes I'd just pop out unexpectedly," she says.

"It happened to all the girls. There's probably some interesting footage in an archive somewhere."

Poor Bianca reckons she was worrying about the show so much that it made her comfort eat.

And while she'd expected to be dining on tropical fish and fruit in Fiji, she ended up pigging out on plates of pasta.

Her curves even prompted bitchy telly rival Alicia Douvall, 27, to label her "one cupcake short of obesity".

"Hearing that comment really hit home and I was very disgusted with it," says Bianca. "In fact, I've still not got over it. I was devastated and it's been on my mind ever since."

Judging by our amazing pictures, we don't reckon Bianca's got too much to worry about in that department...

much to w department...



### **BBC Two**

6.00 Breakfast (W) (S) 69032417
9.15 Animal Park (W) (S) 3996287
10.00 Homes Under The Hammer
Cornwall, Nottingham and Kent.
(R) (W) (S) Followed by BBC News,
(W) (S) Weather. 77697
11.00 To Buy Or Not To Buy
House-hunting in Long Eaton. 1368
11.30 Bargain Hunt From Builth
Wells. (W) (S) Followed by BBC
News, (W) (S) Weather. 1444558
12.15 Cash in The Attic With Ben
Fogle. (R) (W) (S) 7298523
1.00 BBC News (W) (S) 972971
1.30 Local News (S) 73810261
1.40 Neighbours Dylan is stunned
when Elie confesses. (S) 77941287

1.30 Local news (s) /39 1/26/1
1.40 Neighbours Dylan is stunned when Elle confesses, (s) 77941287
2.05 Doctors (W) (s) 84878875
2.35 Murder, She Wrote Angela Lansbury stars. (R.S) 2414320
3.20 BBC News, Weather; Local News (W) (s) 3784962
3.25 CBBC: Chuckle Vision (AD) (R) (W) (S) 1172271 3.40 Arthur (W) (S) 9064788 3.55 Krypt DT1 50 SMart (R) (W) (S) 2230542 4.30 Jackanory (W) (S) 7244504 4.45 The Fairly OddParents (R) (S) 7345287
5.00 Blue Peter (W) (S) 650981
5.25 Newsround (W) (S) 4004338
5.35 Neighbours (R) (W) (S) 4004308
6.00 BBC News (W) (S) 691
6.30 Local News Programmes,

6.30 Local News Programmes. (W) (S) Weather 271

7.00 CBBC: Batfink (R) (SL) (W) (S) 5285962 7.15 WITCH (R) (SL) (W) (S) 2741900 7.40 Fergus McPhail (W) (S) 4933875 8.05 Serious Desert (R) (W) (S) 5765271 8.30 CBeebies: The Koala Brothers (M) (S) 17474074 8.40 Ledgergurd

**8.30** CBeebies: The Koala Brothers (W) (S) 1774894 **8.40** Underground Ernie (R) (W) (S) 1266184 **8.55** Brum (R) (W) (S) 1268829 **9.05** Balamory (AD) (R) (W) (S) Followed by Pingu. (R) 3595707 **9.30** Doodle Do (R) (W) (S) 556752 **9.30** Doodle Do (R) (W) (S) 656752 **9.50** Step Inside (R) (W) (S) 7797504 **10.00** Barnaby Bear (R) (W) (S) 688693 **10.15** Our Planet (R) (S) 6876504 **10.30** What The Ancients DIF Enc. 10.30 What The Ancients Did For

10.30 What The Ancients Did For Us (AD) (R) (W) (S) 62813
11.30 The Daily Politics 35523
1.00 Uncharted Territory San Ignacio in Belize. (R) (W) (S) 99813
1.30 Working Lunch (S) 91146
2.00 Small Town Gardens A garden in Dartmouth. (W) 16951146
2.15 Sun, Sea And Bargain
Snotting The Isam travel to

2.15 Sun, Sea And Bargain Spotting The leam travel to Grottammare. (R) (W) (S) 167287 3.15 Castle In The Country John Craven presents. (W) (S) 665639 3.45 Flog It! (W) (S) 1403349 4.30 Ready, Steady, Cook Ainsley Harriott presents. (W) (S) 6368691 5.15 Weakest Link (W) (S) 325681 600 Nativel's Calcodar (S) 233

6.00 Nature's Calendar (S) 233 30 Strictly Come Dancing – It Takes Two (W) (S) 813 Channel 4

Cubeez (R.S) 6963287 The Hoobs (AD) (R,S) 3936788 The Hoobs (AD) (R,S) 3069875 Freshly Squeezed 85610 Friends (AD) (R,S) 71417 Everybody Loves Raymond grips (Ry. Pampas (R. S) 456987 6.10

Sta 8.30 arring Ray Romano. (R,S) 65287 **Will & Grace** (R,S) 64558

8.30 Will & Grace (R,S) 64558
9.00 Frasier (R,S) 75610
9.30 Gay To Z (S) Followed by Tate Modern. (R,S) 16455
10.00 Sex, Lies And Soaps
Documentary. (R,S) 66097
10.30 Young Black Farmers
Trainees on a Devonshire farm. (R,S) Followed by 3 Minute Wonder. 57981
11.30 My Crazy Life An aspiring model reveals the cost of her attempt at fame. (R,S) Followed by National Gallery. (R,S) 5707
12.00 News At Noon (S) 62146
12.30 Headland (S) 3327726
1.25 The King Of Queens Carrie celebrates her birthday. (S) 11309523

celebrates her birthday. (S) 11309523
1.45 Third Watch A bomb threatens

1.45 Third Watch A bomb threatens the life of a judge, (R, S) 3999349
2.35 Third Watch (R,S) 2862368
3.30 Countdown (S) 3030078
4.15 Deal Or No Deal Cash-based competition. (S) 3040165
5.00 The New Paul O'Grady
Show (S) 3268

**Show** (S) 3368 6.00 The Simpsons Homer worries about his marriage. (R,S) 829 6.30 Hollyoaks (S) 981

Five

6.00 Milkshake! The Save-Ums!
(R,S) 57038207 6.10 Rolie Polie Olie
(R,S) 26536981 6.40 Mechaylick
(R,S) 75135368 6.50 Hi-5 (R) (SL)
(S) 694618157.20 Franny's Feet
(R,S) 6357417 7.35 Rupert Bear
(R,S) 5905639 7.48 Make Way For
Noddy (R,S) 5985875 8.00 Fifi And
The Flowertots (R,S) 7579207 8.15
Peppa Pig (R,S) 9767875 8.20
Funky Valley 2701829 8.30 Thomas
& Friends (S) 4064233 8.45 Roobarb
And Custard Too (R,S) 2873252 8.50
My First (R,S) 4399813
9.00 The Wright Stuff (S) 8515368
10.30 Trisha Goddard A marriage on
the rocks. (S) 8857146

10.30 Trisha Goddard A marriage on the rocks. (S) 8857146
11.30 five news (S) 3611788
12.00 Home And Away Drew pleads his innocence, (AD) (R) (S) 7449349
12.30 BrainTeaser 25676320
1.40 FILM: Scandalous 1984 (15) Black comedy about a television news reporter's increasingly frenzied attempts to clear himself of a trumped up marriage harro. With

attempts to clear himself of a trumped-up murder charge. With Robert Hays.(S) 63672233
3.30 five news update 57807542
3.40 FiLM: The Lookalike 1990
(PG) Drama, starring Melissa Gilbert and Diane Ladd. (S) 4525233
5.30 five news (S) 2520124

5.30 five news (S) 2520184 6.00 Home And Away (S) 2527097 6.30 In The Grid Followed by Weather. 2518349

**5.30 ITV News** (S) 72900 **6.00 GMTV** (W) (S) 8310726

Talk show in which host Jeremy Kyle invites guests to air their differences in front of a studio audience. (W) (S)

in troit of a studie atudieree, (W) (S) 6970558

10.30 This Morning Joe Pasquale guests. (W) (S) 36875

12.00 This Morning - Pm A

Celebrity Special Live update from the Australian jungle. (S) 64504

12.30 Loose Women (W) (S) 60455

1.30 ITV News (S) 11900

2.00 The Price Is Right Comedian June Pasquale hosts (S) 2639

Joe Pasquale hosts. (S) 2639 2.30 Dickinson's Real Deal

2.30 Dickinson's Real Deal (W) (S) 30078
3.28 Local Weather (S) 3881829
3.30 CITV: Jim Jam & Sunny (W) (S) 9062320 3.40 Planet Sketch (S) 9082184 3.55 Tricky Quickies (R) (W) (S) 2216962 4.00 Horrid Henry (W) (S) 3867165 4.15 Bel's Boys (AD) (R) (W) (S) 8357788 4.30

(AD) (R) (W) (S) 8357788 4.30 Jungle Run (W) (S) 894 5.00 The Price Is Right (W) (S) 6691 5.30 I'm A Celebrity... Get Me Out Of Here! – Exclusive All the gossip and a preview of the Bushtucker Trial. (W) (S) 146 6.00 Local News, (S)

Weather 287



РМ

THE BRAIN HOSPITAL: Former actor Ross Davidson. who died last month, is seen undergoing treatment, 9pm

7.00 Open All Hours Miserly shopkeeper Arkwright organises a sales drive. (R.S) 4287

**Real Story With Fiona Bruce** The story of how bones stolen from corpses in America were allegedly implanted in British hospital patients. 455

8.00 Traffic Cops The story of Carole Miller, who was driving home in Fareham when her car was rammed from behind and smashed into a tree. (S) 7707 8.30 DIY SOS Nick Knowles and

the team visit Crawley to create a kitchen diner. (W) (S) 9542

9.00 The Brain Hospital The story of former EastEnders actor Ross Davidson's battle with cancer, involving experimental light treatment to remove a brain tumour. (W) (S) 3691

**10.00 BBC News** (W) (S) *70165* **10.30 Local News,** (W) (S) **Weather** *986455* 

10.35 The National Lottery
Draws With Jenni Falconer. (W) (S) 985726

10.40 Evicted Documentary about the nightmare of homelessness. (W) (S) 773233

11.40 Match Of The Day
Gary Lineker presents highlights
of tonight's midweek Premiership fixtures, as Bolton Wanderers entertain Chelsea and Manchester United go up against Everton. (W) (S) Followed by Weatherview. 737981

12.55 Sign Zone: Planet Earth Sign Zone: Planet Earth (R) (SL) (W) (S) 782301 1.55 Sign Zone: A Child Against All Odds (R) (SL) (W) (S) 3436504 2.55 Sign Zone: Digging Deep (R) (SL) (W) (S) 1999763 3.25-6.00 BBC News (24.5) 4.6541292 (S) 1999769 **3.25** 24 (S) 43681382



OZ AND JAMES'S BIG WINE ADVENTURE: Oz visits an oyster farm in Montpellier, 8.30pm

7.00 Coast The team travel from Dublin to Derry via the Levtown Races, the only European beach race run under Jockey Club rules, and Dundrum Bay in Northern Ireland. (AD) (R) (W) (S) 2349

8.00 Bill Oddie's How To Watch Wildlife Bill Oddie explores the grasslands of East Anglia. (AD) (R) (W) (S) 5349 8.30 Oz And James's Big Wine Adventure The pair visit

an ovster farm in Montpellier (AD) (W) (S) 7184

9.00 Torchwood Toshiko is given an alien pendant that enables her to hear other people's thoughts, but the new ability soon leads her to question he

soon leads her to question her commitment to the team. Naoko Mori stars. (AD) (W) (S) 839097
9.50 Two Pints Of Lager And A Packet Of Crisps Jonny offers to buy alcohol for teenagers. (R) (W) (S) 603417
10.20 Look Around You
The spoof educational series deals with the properties and

deals with the properties and behaviour of sulphur. (R) *752542* **10.30 Newsnight** Jeremy

Paxman presents a comprehensive round-up of the day's events. (W) (S) 143558

11.20 This Life Anna's erration behaviour lands her in hot water at work, but the unlikely figure of Miles proves her knight in shining armour. (R,S) 402879

**12.00 This Life** (R,S) *5503382* **12.45** BBC News 24 (S) *2188818* **2.00** BBC Learning Zone: Schools: Space Files – The Universe Unveiled (S) *8511276* **5.00**Creativity In Digital Media (S) *43301* 



GOLDPLATED: John is confronted by Beth, who threatens to expose his part in the fire, 10pm

7.00 Channel 4 News Including sport and weather. (S) 459233

7.55 3 Minute Wonder: Turne Prize 2006 Nominated artist Mark Titchner reveals what drives and inspires his work (S) 772610

8.00 10 Years Younger:
Christmas Special
New series. A doctor receives

a makeover aimed at transforming her haggard face, caused by spending four years in the African sun. (S) 6165

9.00 The Secret Millionaire

New series. Modern-day philanthropists try to change someone's life for the better. First up is Ben Way, who wis the ladge as when he had been way to be the common of the ladge. visits Hackney, where he works undercover as a youth worker. (S) *9829* 

10.00 Goldplated Beth concocts a plan to pay back John and save her son's marriage when she learns the council are expressing interest in the Avalon Basin site – but have reservations. (S) *7592900* 

11.05 Goldplated Beth is furious when Lauren confesses to her affair with Leo and contacts the police about the false alibi she provided for him on the night of the fire. Last in series. 472417

**12.10 Hollyoaks: In The City** (S) 5955382 **1.15** Late Night Poker Masters (R) 280905 **2.45** World Cup Skiing (R) 981566 **4.35** Goalissimo 5950769 **5.25-6.10** Countdown (R,S) 3720905

A KILL: Steven Seagal stars in this action adventure

**7.00 five news** (S) *2894233* **7.15 Game Ranger Diaries** 

An attempt to tag white rhinos goes horribly wrong and the team find themselves having to run from a particularly angry male. Meanwhile, a zebra foal struggles to survive. (S) 6348368

8.00 Asbo Teen To Beauty

**Queen** The girls are brought to London to live together under the watchful eyes of the judges. (S) Followed by five news at 9.

9.00 FILM: Out For A Kill 2003

(15) An archaeologist vows revenge on the Chinese gangsters who murdered his wife, unaware he's being used as a pawn in a larger game. Action adventure, starring Steven Seagal and Michelle Goh. (S) 62224542

10.45 FILM: Bloodsport 1988 (18) Talented martial arts expert Jean-Claude Van Damme gets entangled with a tenacious undercover reporter as he takes part in an illegal fighting tournament, where the last man standing wins the day - and the losers frequently end up in the cemetery. High-kicking adventure, co-starring Donald Gibb. (S) 27539788

**12.35 PartyPoker Aussie Millions** 2124382 **1.25** NHL Ice
Hockey 62965295 **4.05** Boxing
Classic (R) 6961856 **5.00-6.00** A1
Grand Prix 8400063

6.30 ITV News, (S) Weather 639

CORONATION Distraught Danny heads for the viaduct with a bottle whisky, 7.30pm

7.00 Emmerdale Eric refuses to believe David is his son and demands proof. (W) (S) 6455

7.30 Coronation Street Liam grows concerned for Danny as the distraught factory boss heads for the viaduct. Meanwhile, Norris tries to catch a vandal. (S) 523

8.00 The Bill Will gets involved in an affray outside a nightclub and finds his career is on the line – even though the incident leads to the Sun Hill team foiling a raid on a jeweller's shop. (AD) (W) (S) 8523

9.00 I'm A Celebrity... Get Me Out Of Here! Ant and Dec present the celebrity challenge, as the famous faces still in with a chance of winning pull out all the stops in the run-up to the final.

(W) (S) 3959

10.30 ITV News Including Local News and Weather, 74981

11.00 Rio Ferdinand's Wind **Ups** Practical jokes played on footballers. (R) (W) (S) 187287

**11.35 Entourage** Vince's picture appears on the cover of Variety. (S) *385962* 

**12.00 The Mint** (W) Followed by ITV News. *56195479* **4.05** The Jeremy Kyle Show (R) (SL) (W) (S) 2717586 **5.00-5.30** ITV

(S) SUBTITLES (R) REPEAT (AD) AUDIO DESCRIPTION (SL) SIGN LANGUAGE (W) WIDESCREEN



9,25 Coronation Street Jason pursues Sarah. (AD) (W) 1363691 9.55 Emmerdale Hour-long episode. (AD) (R) (W) (S) 6944962 10.55 The Montel Williams

Show Topical debate with the chat show host. (R) 1021211
11.40 Judge Judy (R) (S) 9369962
12.00 Coronation Street (R) 60829
12.30 Emmerdale De lintroduces
David to Zak. (R) (W) (S) 60542
1.30 The Jeremy Kyle Show
Talk show. (R) (W) (S) 5171788
2.35 The Jeremy Kyle Show
Talk show. (R) (W) (S) 1569981
3.40 Ricki Lake (R) 7119436
4.30 Sally Jessy Raphael
Chat show. 8898417
5.15 Airline (R) (W) (S) 558900
5.45 Judge Judy (R) (S) 3640417
7.00 The New Adventures Of
Superman (R) 21349 Show Topical debate with the

7.00 The New Adventures of Superman (R) 21349
8.00 Nanny 911 (W) 30097
9.00 Driving Mum And Dad Mad Claire Halsey helps the families discipline their difficult offspring, but Amanda and Lee struggle with their strategies. Christine endures a teeting encounter with son Jamie

strategies. Christine endures a testing encounter with son Jamie. (R) (SL) (W) (S) 10233

10.00 Coronation Street Liam grows concerned for Dannya st he distraught factory boss heads for the viaduct, and Cilla goes in to hospital for treatment. Meanwhile, Norris tries to catch a vandal. (R) (W) (S) 61558

10.30 I'm A Celebrity... Get Me Out Of Here Now! (W) 47320

11.30 I'm A Celebrity... Get Me Out Of Here: Live Uninterrupted coverage. (W) 96184

coverage. (W) 96184 DO Playdate: ITV Play 1198479 4.00 Playalong:ITV Play 58295

### **ITV3**

5.15 ITV3 Nightscreen 2472146 6.00 Survival (R) 6481417 6.55 Peak Practice (S) 8477146 7.55 Ironside (R) 9427349 8.55 The Rockford Files 4997418 9.55 The Return Of Sherlock

Holmes (R) 2131368 11.05 Agatha Christie's Poirot 11.0s Agatha Christie's Pollot David Suchet stars. (R) 4821368 12.10 Rumpole Of The Bailey Courtroom drama. (R) 2095981 1.20 Wycliffe (R) 5772558 2.25 Ironside (R) 7271523 3.25 No Job For A Lady 2858146 4.00 The Rockford Files Guest

4.00 The Rockford Files Guest starring Ned Beatty. (R) (S) 8265981
5.05 Peak Practice (W) 2994436
6.10 No Job For A Lady Silcom, starring Penelope Keith. (R) 9419349
6.40 Rumpole Of The Bailey
Coultroom drams, with Loo

Courtroom drama, with Leo McKern. (R) 8440233

7.50 Bramwell (R) 1518252 9.00 Heat Of The Sun

No meat of the sun
 Colonial crime drama, starring
 Trevor Eve. (R) 34557558

 11.10 Cracker Fitz helps the
 police probe a youngster's
 disappearance, drawing up character
 profiles of those closes to him.

profiles of those closest to him and suggesting how inquiries should be conducted. Unfortunately

should be conducted. Unfortunately, his investigation provokes a frenzy of violence. (R) 1977146

12.15 The Bill (AD) (R) (W) (S) 1633059 1.20 Chancer (R) 5779818
2.15 Peak Practice (W) (S) 2855030
3.10-5.10 Teleshopping (W) 6059932

### ITV4

6.00 Miami Vice (R) (S) 60797097 7.00 The Saint (R) 58959271 8.00 Police, Camera, Action! Alastiar Stewart presents another selection of real-life car

chases. (R) (S) 23085851 8.30 LAPD: Life On The Beat

8.30 LAPD: Life On The Beat Hard-edged documentary 3.4330748
9.00 American Gothic Merlyn finds a way to return from the dead – but unfortunately it involves jeopardising the life of an unborn baby girl by borrowing her spirit. (I) 58955455
10.00 Vincent The team take on a pair of cases that ampart to be

10.00 Vincent The team take on a pair of cases that appear to be closely linked. Vincent sets a trap to incriminate the femme fatale at the heart of the matter – but finds himsel falling for her instead. (W) 97744504
11.30 Fill.Wi. Trouble Bound
1992 (18) Drama starring
Michael Madsen. 93438252
1.15 World Poker Tour 92701214
2.18 Mignity Visco (N) 20064523

**3.05** Miami Vice (R) (S) *96064522* **4.00** Teleshopping *44537214* 



### TO WATCH TODAY



Within seconds they're snogging. Within minutes they've started ripping each other's clothes off. And then – oops! – Chesney walks in.

"What's going on?" he inquires. Naturally, Les feels terrible. But ne feels a hell of a lot worse when Fiz returns and finally reveals what her mum's really up to. "She got cancer," she cries.

ELSEWHERE tonight, Will is in deep poo in THE BILL (ITV1, 8pm). During a night out clubbing with workmates, a bloke he arrests for assault claims Will's the one who steamed in and kicked off the trouble. Further inquiries reveal that this guy is a genuine crim, but

even then it appears he's not going to let this matter drop.

THERE'S trouble of a slightly freakier nature in

THERE'S trouble of a slightly freakier nature in TORCHWOOD (BBC2, 9pm) where Toshiko takes possession of a strange piece of jewellery which gives her the power to tune in to what other people are thinking.

AND in the latest instalment of OZ AND JAMES'S BIG WINE ADVENTURE (BBC2, 8.30pm), Top Gear co-host James May is challenged to prepare a meal and find wines to match. The biggest hurdle here is that he seems p\*\*ed out of his head half the time. seems p' the time.

### **ALAN FRANK'S TELLY MOVIES**

**CORONATION STREET: ITV1, 7.30pm** 

STAR RATINGS

\*\*\*\*\*Don't miss it \*\*\*\*Good \*\*\*Average \*\*Time filler \*Garbage!

SCANDALOUS (1984) \* Five 1.403.30pm. Alleged black comedy,
Investigative reporter Robert Hays heads for
London to cover an espionage story and
becomes involved in increasingly desperate
attempts to clear himself after being framed for
murder. Also starring Pamela Stephenson and
John Gielgud.

John Gielgud.

THE LOOKALIKE (TVM, 1990) \*\*\* Five 3.40-5.30pm. Drama. Recently bereaved Diane Ladd is pushed ever nearer towards a complete mental collapse when she starts to have a series of encounters with a girl who is the exact double of her dead daughter. Also starring Melissa Gilbert, Jason Lee and Bo Brinkman.

OUT FOR A KILL (2003) \*\*\* Five 9.0010.45pm. Action thriller. Archaeologist
Steven Seagal vows violent vengeance against
the Chinese gangsters who murdered his wife
and, unaware that he is being manipulated
behind the scenes, he starts to kill the hapless
hoods. Also starring Michelle Goh.

BLOODSPORT (1988) \*\*\* Five

BLOODSPORT (1988) \*\*\* Five 10.45pm-12.35am. Action thriller. Martial arts ace Jean-Claude Van Damme becomes involved with an undercover reporter when he takes part in an illegal fight game where anything goes and where the losers frequently end up in the cemetery. Also starring Donald Gibb and Roy Chiao.

Want to keep up with when your favourite actors/actresses are on TV? Subscribe to Daily Star TV Film Alerts for 25p per text Simply text DSWATCH followed by the name of your favourite movie star to get a text alert every time they're on TV.
E.g. Text DSWATCH BRAD PITT to 61616

### **REGIONAL VARIATIONS**

Ordit or debit card required. Offers subject to new 18 month minimum from context. Delivery is not evolving day and designs apply. Float: Value is for cast to local and minimum from context. Ordinary in not evolving day and designs apply. Float: Value is for cast to local and minimum from context. Ordinary in the context of the contex



televisionX

channels for the price of

### ...ON LAST NIGHT'S T

UNDER Ronald Reagan it happened 197 times. George Bush Senior, just 16, and Bill Clinton, 21. We're not talking about lying to the American public — although that's involved – but attempts to assassinate Cuban leader. Fidel Castro.

It doesn't matter that Cuba is poverty-stricken and tiny – it's close to Miami, and it's Communist, and those two factors have been making the Americans very edgy ever since 1959.

Of all 638 WAYS TO KILL CASTRO (C4), or an asset of the control of the co placed carefully in locations where Castro, a keen diver, would be most likely to pick them up. Aside from the CIA imitating the Keystone Cops, many attempts on Castro's life were more serious, plotted by Cuban exiles, often with the aid and assistance of their American hosts

### **Plotted**

Many of these men came from respectable middle-class backgrounds – they were engineers, architects and accountants. Many of them are comfortably retired in the States today: cuddly, silver-haired men who'd plotted coups and manufactured explosives.

Unsurprisingly, this being Channel Four, there was a political agenda behind this

tongue-in-cheek documentary. It was a crude point, delivered with such a lack of subtlety that we could have been watching some left-wing students doing a stand-up routine in the early Eighties.

America has this thing going called the War on Terror – and, according to George W Bush, anyone who harbours or supports a terrorist, is a terrorist. And that means America is a terrorist, because it shelters people who've tried to kill Castro.

To most viewers, surely, this revelation that the US government has double standards was like hitting us with the shock news that Britain has unpredictable weather. Or that TV audiences are a lot brighter than TV producers imagine.

SKY ONE

6.00am Taste 7.00 Pokemon 7.30 Yu-Gi-Oh! 8.00 Malcolm In The Middle 8.30 Malcolm In The Middle

Middle 8.30 Malcolm In The Middle 9.00 Scrubs 9.30 Scrubs 10.00 Law & Order 11.00 Cold Case 12.00noon Buffy 1.00 Angel 2.00 Cold Case 3.00 Buffy 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Malcolm In The Middle 6.30 Malcolm In The Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 Stargate SG-1 9.00 Stargate 5G-1 9.00 Stargate Alfants 10.00

SG-1 9.00 Stargate Atlantis 10.00 Lost 11.00 Law & Order Midnight Popcorn 12.30 Stargate SG-1 1.30 Mile High 2.25 The Premiership's

Greatest **3.20** Britain's Hardest **4.15** Taste **5.10-6.00** Dream Team

7.00pm House Of Tiny Tearaways 8.00 Film: Catch Me II You Can (2002) (12) 10.15 Pulling 11.15 Two Pints Of Lager And A Packet Of Crisps 11.45 Two Pints Of Lager And A Packet Of Crisps 12.15am Ideal 12.45 Pulling 1.40 The Real Hustle 2.10 Real Hustle 2.40 Dog Borstal

7.00pm The Martians And Us 8.00
The World 8.00 Weather 8.30 Valley
Of Song 9.00 Return To Lonesome
Dove 10.30 Don't Watch That, Watch
This! 11.00 Time Shift: Parallel
Worlds – A User's Guide
12.00midnight The Martians And
Us 1.00 Valley Of Song 1.30 Don't
Watch That, Watch This! 2.00 Time
Shift: Parallel Worlds – A User's Guide
3.00 The Martians And Us

6.00am Music: Uninterrupted 7.30
Wake Up With Ben Afflick 8.30
Wate Up With Ben Afflick 8.30
Nutatever You Want 11.00 Nothing
But Moustaches Noon E4 Music:
Uninterrupted 1.00 Freshly Squeezed
Extra 2.00 The OC 3.00 Reunion
4.00 Scrubs 4.30 Hollyoaks 5.00
Friends 5.30 Friends 6.00 The OC
7.00 Hollyoaks 7.30 Scrubs 8.00
Friends 8.30 Friends 9.00 Desperate
Housewives 10.00 Bol In The USA
10.30 Bol In The USA 11.00 The
Russell Brand Show 11.55 Furny
Cuts 12.05am Goldplated 1.10 Sex
And The City 1.50 No Angels 2.50
Desperate Housewives 3.30 No
Angels 4.30 The OC 5.10 Switched

Desperate Housewives **3.30** M Angels **4.30** The OC **5.10** Sw **5.35** Switched

6.00am Music: Uninterrupted 7.30

**BBC THREE** 

**BBC FOUR** 

### **FILMS**

### **SKY MOVIES 1**

6.00am In The Line Of Duty: Smoke Jumpers (1996) (PG) Drama,

starring Adam Baldwin. 68032146
7.40 The 12 Dogs Of Christmas
(2005) (PG) Festive family drama,
starring John Billingsley, 54220707
9.30 Almost Salinas (2001) (PG) ed drama, 13901455 11.10 The Red Sneakers (2001)

(PG) Sporting comedy, starring Dem Pappion. 48908225 1.05pm A Good Woman (2004)

1.05pm A Good Woman (2004) (PG) Premiere. Comedy starring Helen Hunt. 29174436 2.45 The 12 Dogs Of Christmas (2005) (PG) Festive family drama, starring John Billingsley. 15239707 4.35 Almost Salimas (2001) (PG)

Acclaimed drama. 52785225 6.15 In The Line Of Duty: Smoke Jumpers (1996) (PG) Drama, starrii Adam Baldwin. 38122504

Adam Baldwin. 38122504 **8.00 A Good Woman (2004) (PG)**Premiere. Comedy starring Helen Hunt.

10.00 Fear (1996) (18) Thriller, starring Mark Wahlberg. 422165 11.40 Another Day In Paradise (1998) (18) True-life drama, starring Malania Criffith 5522.42

**RADIO** 

Melanie Griffith. 558349 1.25am Cold Mountain (2003) (15) Period drama. 23126030 4.05-6.00 The Red Sneakers (2001) (PG) Sporting comedy. 122127

Radio 1 (FM: 97.6-99.8 MHz) 7.00 The

Radio 1 (FM: 97.6-99.8 MHz) 7.00 The Chris Moyles Show. 10.00 Jo Whiley. 12.45 Newsbeat. 1.00 Edith Bowman. 4.00 JK And Joel. 7.00 Zane Lowe. 9.00 Jo Whiley's In Live Music We Trust. 10.00 Colin Murray. 12.00 Huw Stephens. 2.00 Gilles Peterson. 4.00-7.00 Nihal. Radio 2 (FM: 88-90.2 MHz) 6.00 Alex Lester: The Dawn Pattol. 7.30 Wogan. 9.30 Ken Bruce. 12.00 Jeremy Vine. 2.00 Steve Wright In The Afternoon. 5.00 Chris Evans. 7.00 Nick Barraclough. 8.00 Mike Harding. 9.00 Peace, Love And Soul – Thirty-Five Years Of Soul Train. 10.00 You Send Me – The Sam Cooke Story. 10.30 The Mark Radcliffe Show. 12.00 Janice Long. 3.00 Mark Goodler. Radio 5 Live (MW: 909.933 kHz) 5.00 Morning Reports. 5.30 Wake Up To Money. 6.00 Breakfast. 9.00 Matthew Bannister. 11.55 Prime Minister's Questions. 12.30 The Midday News. 1.00 Simon Mayo. 4.00 Drive. 7.00 Five Live Sport: Commentary on tonight's Premiership matches, including Bolton v Chelsea, Fullham v Arsenal and Manchester United v Everton. 10.00 6-0-6.11.00 Anita Anand. 1.00 Up IN Ilyight. Virgin Radio (MW: 1215, 1197, 1242

### **SKY MOVIES 2**

6.40am Volcano: Fire On The Mountain (1997) (PG) Adventure 3073784 **8.10 Home Team (1998) (PG)** 

Comedy. 21740639 9.45 New York Minute (2004) (PG) Comedy. 94473349 11.20 Jingle All The Way (1996)

(PG) Comedy. 4896813 12.50pm Volcano: Fire On The Mountain (1997) (PG) Adventure.

2.25 Home Team (1998) (PG) 4.00 New York Minute (2004) (PG) Family comedy. 17727726 **5.40 The Santa Clause 3 - Special** Preview of the festive sequel. 750962 6.00 Jingle All The Way (1996)

6.00 Jingle All The way 1,555, (PG) Comedy, starring Arnold Schwarzenegger. 38145455
7.40 US Top 10 339894
8.00 Starsky & Hutch (2004) (15) Comedy thriller, starring Ben Stiller, 78287 Comedy thriller, starring Ben Stiller. 78 10.00 Stealth (2005) (12) Action

thriller, starring Jamie Foxx. 59610 12.00midnight Legionnaire (1998) (15) Adventure. 135818 1.40 Anacondas: The Hunt For The Blood Orchid (2004) (12) Thriller. 181363

**3.20 Someone Is Watching (2000) (PG)** Thriller, 575214 **4.55 6.30 Home Team (1998) (PG)** Comedy. 12745905

### **SKY CINEMA 1**

7.05am I Was A Male War Bride (1949) (U) Comedy. 43799691 9.15 People Will Talk (1951) (PG) Comedy. 80052349 11.30 Popcorn 3953146 12.00ncon Monkey Business (1952) (U) Comedy. 5768078 1.55 I Was A Male War Bride (1949) (U) Comedy. 11939417 4.00 People Will Talk (1951) (PG) Cornedy drama. 59951875 (1952) (U) Screwball comedy. 64465900

Screwball comedy. 64465900 8.00 Take My Eyes (2003) (15)

Spanish drama. 9300610 **10.00 The Star Maker (1994) (18)** Romantic drama. 3956233 12.00midnight Big Nothing - Sky

Movies Special 8206092 12.30 Laws Of Gravity (1992) (18) 2.15 The Loneliness Of The Long Distance Runner (1962) (12) Drama

4.10 6.00 Babette's Feast (1987)

Sky Box Office Digital movies can be ordered using the

### **SPORT**

### SKY SPORTS 1

6.00am You're On Sky Sports! 10610 7.00 WWE: Heat 26165 8.00 Football Special 77436 9.30 FA Cup Classics 18900 10.00 77436 9.30 FA Cup Classics 18940 10-00
Aerobics Oz Syle 33707 10-30 Football Asia
80639 11.00 Football Special 53252
12.30pm Live International Cricket
South Africa v India: Coverage continues on
Sky Sports 3. 62369 97.30 Soccer
Special News and results from Lonights Special News and results from tonight's matches. 310875 10.30 Football First A

**6.00am** Aerobics Oz Style 3439707 **6.30** Shift Adventure Snowriders 1243829 **7.00** Aerobics Oz Style 3047726 **7.30** Shift

Bolton Wanderers v Chelsea (Kick-off 8.00pm). 53033639 10.15 World Of Gol The latest news. 7795243 11.15 Europe

Seniors Tour Golf Review of the European Seniors Tour. 1395207 12.15am Total Rugby 8742011 12.45 World of Golf 7512011 1.45 Transworld Sport 7518295 2.45 European Seniors Tour Golf 7509547 3.45 European Tour Weekly 8750330

### **SKY SPORTS 3**

10.00am Women's Pool 14245165 11.00
Racing News 70286320 11.30 Aerobics Oz
Style 70294349 12.00noom Sports Unlimited
44349542 1.00 World Pool League 44325962
2.00 Shift Adventure Snowriders 69370639
2.30 Tennis 75669327 4.00 World Pool
League 70200900 5.00 WWE: Bottom
Line 69373726 6.00 WWE: Afterburn
44345726 7.00 Total Rugby A round-up of
recent rugby union matches. 59374455 recent rugby union matches. 69374455
7.30 Live International Cricket South 7.30 LIVe International Cricket sol Africa Vindia. Closing stages of the fourt and penultimate match. 17446287 9.00 Rallyzone The latest news from the Brit Rally Championship. 70206184 9.30 European Tour Weekly The latest ne-from the golf circuit. 44340271 10.00 Watersports World Aquatic activities across the globe. 52430829 11.00 J across the globe. 52430829 11.00 J League Weekly Football highlights from Japan. 70381829 11.30 FA Cup Classics

A famous match from the second round. 40020815 **12.00midnight** Squash 31409363 **1.00** Watersports World 47818547 **2.00** Ten Pin Bowling 59726382

### MORE4

10.30am A Place In The Sun 11.30 Countdown 12.15pm Deal Or No Deal 1.05 The New Paul O'Grady Show 2.05 Film: The Bigamist (1953) (PG) **3.40** Thirtysomething **4.40** Film: Private Hell 36 (1954) (PG) **6.05** Deal Or No Deal 7.00 A Place in The Sun 8.00 More4 News 8.30 The Daily Show With Jon Stewart 9.00 30 Days 10.00 Suspect Nation 11.05 Starkey's Last Word 11.35 The Daily Show With Jon Stewart **12.05am** Thirtysomething **1.05** 30 Days

### televisionX (SKY 903)

10.00pm Freeview 10.10 The Two Jonnies 10.30 Eurochicks 10.40 A'' Teens 11.00 Freeview 11.10 A'' Teens 11.15 The Omar Show 11.30 Glamour S''' 11.45 Road Trip – Esher Midnight Freeview 12.00 Amsterdam Central 12.40 Ben Dover 1.00 Anna's Place 1.25 Twin Cheeks 1.45 C'' Crazy 2.05 Action Time 2.10 Film: The Merger 3.35 Together Forever

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chance for viewers to see a match of their own choice. 96436 12.00midnight Football First 18653 1.30 Poker Million 83721 3.30 FA Cup Classics 55108

### SKY SPORTS 2

Aerobics Oz Style 3047726 7.30 Shift Adventure Snowriders 3026233 8.00 Tennis 5166707 9.30 360 Surfing 9364368 10.00 Poker Million 9344504 12.00noon 360 Surfing 6153702 12.30 Revista De La Liga 8911252 1.30 Poker Million 517900 3.30 Football Special 6472523 5.00 World Of Golf 2679320 6.00 European Tour Weekly 9760786 6.30 PA Cup Classics 9784368 7.00 Live Football Special Bolton Wandergres v Chielsea (Kirk-off

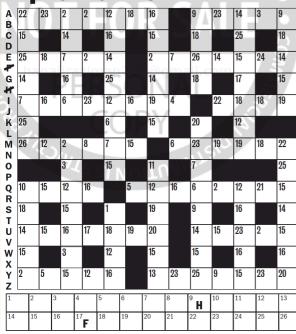
Manchester United v Everton. 10.00 G-0.
6. 11.00 Ania Anand. 1.00 Up All Night.
Virgin Radio (MW: 1215, 1197, 1242
kHz) 6.00 Christian O'Connell's
Breakfast Show. 10.00 Russ Williams.
1.00 Neil Francis. 4.00 Martin Collins.
7.00 Steve Harris. 10.00 Greg Burns.
1.00 Robin Burke. 4.00 John Osborne.







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Alphapuzzle" tests your logic and word power. Each grid number represents a letter. Every letter of the alphabet is used.

Use the given letter or letters – below the main grid – to

DIFFICULTY: 6/10; TARGET: 20 mins; CLUE: Upset's enough to make Bet purr.

YESTERDAY'S SOLUTION: Across: Defy, Majolica, Bazooka, Totem, Layer (clue), Emerge, Thrown, Quarry, Morose, Drain, Attic, Outlast, Expertly, Chic.

Down: Debility, Vane, Fuzzy, Rooftop, Borrow, Occur, Awaken,

Recoil, Outre, Update, Integer, Abash, Aims, Hypnotic,

EXTRA LETTER CLUES: 0906 751 3120 (Hear up to six

- extra letters, deduct two minutes for each clue letter heard)

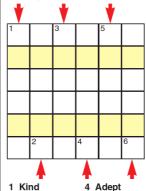
   Alternatively, text DSALPHA to 86100 and we will text the six extra letter clues direct to your mobile.

  Taxts cost 12 plus page of the plus of the six extra letter clues direct to your mobile.
- Texts cost £1 plus normal network operator rate.

  FULL SOLUTION: 0906 751 3121
- Calls cost 75p per minute from BT landlines



columns as directed, and the shaded rows will reveal an EastEnders actress (6,6).



- 1 Kind 2 Russian
  - 5 Imaginary
- currency unit 6 Response, 3 Risk solution

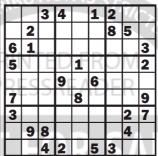
SPEAR CONDITION RULE K WORM **BIRTHDAY** BOARD POND **KILLER** W HIGH **WISE** MOUNTAIN S PORT TWO LADDER P APPLE **EYED** LEFT HAUL HA7FI CRACKER!



Fit ten words into the grid so each one connects up with the words on either side - eg printing press - gang. Read down the letters in the shaded squares to find out the word linked to the clue. Here's a few letters to start you off.

Clue: Self-control.

### SUDOKU



Fill the grid so that every column, row, and 3x3 square includes all the digits from 1 to 9.

LEVEL: Moderate TARGET: 24 min

### YESTERDAY'S SOLUTION 5 2 4 7 6 1 9 8 3 6 3 7 9 2 8 4 1 5 9 1 8 4 3 5 6 2 7 9 1 6 2 3 4 9 5 7 8 7 9 3 8 5 2 1 6 4 4 8 5 1 7 6 2 3 9 3 7 9 2 1 4 8 5 6 2 4 6 5 8 7 3 9 1 8 5 1 6 9 3 7 4 2 Extra clues: 0906 751 3123 Today's solution: 0906 751 3124 Calls 75p.

YESTERDAY'S SOLUTIONS

### **DOUBLE TROUBLE**



A GOOD EGG Pictures 2 and 5.

ANSWERS IN TOMORROW'S

Call 0906 751 3125 for today's solution. Calls cost 75p per minute from a BT landline

- CRYPTIC CLUES
  ACROSS

  1 Put in a higher position to advertise and sell (7)

  5 Don't put in gear for the seaside! (3)

  8 The sort of hat that's tediously familiar! (3)

  9 Cover for Paul on board rickety train (9)

  10 Fit in spring's source of madness (5)

  11 Not taking a wide view on an island? (7)

  13 Jagged tear in part of eye (6)
- (6)
  14 It hangs down from broken slates (6)
  17 Dog on roster turned up as
- 17 Dog on roster turned up as museum keeper (7)
  19 This has links with a line of mountains (5)
  21 I'm on time on bend but unprepared (9)
  23 Unhappy in this admitted-ly! (3)
  24 Late changes involving ten in praise (5)

- 25 Followers unite when held by regiment (7) DOWN

**PUZZLES** 

**CHAT PUZZLES ON** 

SALE NOW

- DOWN

  Religious President has debt undertakings (5)

  Retired teacher is a great artist (3,6)

  Seat of ancient empire (7)

  Small insect I wager is all over the place (6)

  Utter confusion comes to nothing with Charles around (5)

  Top-class learner has to suffer hadly (3)
- around (5)
  6 Top-class learner has to
  suffer badly (3)
  7 Take care of one in right
  and left shoot (7)
  12 His cheque books are a
  giveaway! (3,6)
  13 Admit what fences do (7)
- 15 Story of current nobleman abroad (7) 16 Suitable stuff for tying you
- up in public relations (6) 18 Horse will run round bend
- to Horse will run round bend to get fish (5) 20 Push Ed and gun will explode (5) 22 Exercises with a vegetable

### QUICK CLUES ACROSS 1 To advance to a higher

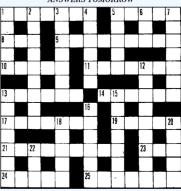
- rank (7)
  5 The seaside (5)
  8 Aged (3)
  9 Waterproof cover (9)
  10 Involuntary muscle contraction (5)
  11 Detached or aloof (7)
- YESTERDAY'S SOLUTION: ACROSS 1 Tiddly-winks, 7 Cut, 9 Eccentric, 10 Knave, 11 Meets, 14 Pate, 15 Plea, 16 Ravioli, 17 Rate, 19 Link, 20 Swell, 23 Abuts, 26 Catamaran, 27 Dye, 28 Early stages. DOWN 1 The upper hand, 2 Dock, 3 Lunge, 4 Worst, 5 Nick, 6 Scrawl, 8 The Falklands, 11 Mere, 12 Eaves, 13 Spoke, 15 Pill, 18 Toupee, 21 Witty, 22 Limit, 24 Scar, 25 Trug.

- 13 Membrane at back of eye (6) 14 Ornamental knot of loose

- 13 Membrane a.

  14 Ornamental knot of loose threads (6)
  17 Head of a museum (7)
  19 Length of metal links (5)
  21 Spontaneous, unrehearsed (9)
  23 Unhappy (3)
  24 To praise highly (5)
  25 Entourage (7)
  DOWN
  1 Religious, devout (5)
  2 Great European painter (3,6)
  3 Low upholstered seat (7)
  4 Insect often found in 3 Low upholstered seat (7)
  4 Insect often found in dahlias (6)
  5 Complete disorder (5)
  6 To afflict (3)
  7 Twining plant stem (7)
  12 Host of TV quiz show (3,6)
  13 Take delivery of letter (7)
  15 A report of some event (7)
  16 Excessively correct (6)
  18 Game fish (5)
  20 Poke with the elbow (5)
  22 Climbing plant with pods (3)

Two sets of clues but the answers are the same ANSWERS TOMORROW



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### with his brats

I'VE been living with my boyfriend for almost eight months and known him since January so this would January so this would be our first Christmas together.

be our first Christmas together. But he insists he spends the festive season with his ex and her two children. Although he left them two summers ago he went back to his family at Christmas last year, too.

o. The kids aren't even The kids aren't even his. He moved in with their mother when the boy was two and the girl six months old, five years ago. So he's not even related to them! He buys them expensive presents throughout the year and always spends at least one evening a week with them.

them.

He has even suggested they come and stay with us some weekends – but I don't want some other woman's kids here. It would be different if they were his own.

JANE SAYS: You've got to understand that this kind-hearted man sees these children as his

these children as his and he's the only dad they've ever known. If you want to have a long-term relationship with him you have got to accept that. Perhaps if you were open to the idea of

open to the idea of them coming to your home then he wouldn't be forced to go to their house as much as he does or at family times like Christmas.

like Christmas.
It's clear he doesn't
want to be with his ex
or he would be, so
don't worry about that.
He might have left
their mum, but he
hasn't left the kids,
so accept it and get on
with making him happy.

### WANT TO SETTLE **DOWN WITH**

I HONESTLY didn't mean it to happen, but I find myself going out with three gorgeous girls and they all want to move in with me.

My mates reckon I'm so lucky but I'm exhausted most of the time and I'm fed up with telling

lies to them.

About 18 months ago I just had one girlfriend and we'd been going out for three months.

out for three months.

Then the firm where she worked moved and she had to live away during the week.

It was a great relationship, but I needed someone else when she wasn't around because I have a very high sex drive.

### Awful

I met a lovely girl and kept everything very light. We meet twice a week and have mind-blowing sex. Then I stupidly started to see another girl on two of the other nights.

another girl on two of the other nights.

Now the situation has become horribly complicated. My first girlfriend's job has changed and she'll be home with me all week. We don't live together, but I know she'll expect to see me all the time and has suggested we buy a house together.

The trouble is that I don't want to give up the other two girls.

Only both of them are making it clear that they want to see more of

clear that they want to see more of me too.

I am in an awful mess because I

really do care a great deal about all three girls and I genuinely

don't want to hurt any of them don't want to hurt any of them. My original girlfriend is going to be home from Christmas onwards and I am lying awake at night – that is the one night I am alone – trying to work out what to do.

JANE SAYS: I agree, you are in a mess to put it mildly. You have treated your original girlfriend dreadfully and have tricked the other two into thinking they are your exclusive girlfriend.

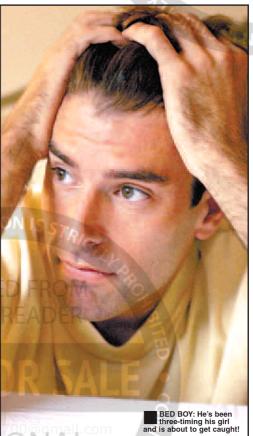
It's sweet that you don't want to hurt them.

It's sweet that you don't want to hurt them.
However, you have the potential to devastate them and, even worse, ruin their lives.
What on earth were you thinking about?
However hard it is you have got to make it clear to all three girls that you have no intention of settling down with them.
Obviously none of them is the one for you.
Simply put, if any of them were the love of your life you wouldn't need the other two.

### Perfect

Probably a mixture of all three would be perfect.
Come clean with them and explain that your relationship is not exclusive. Say that you don't want to move in but do want to continue to have fun.
Don't expect them to take it well, especially not your original girlfriend.
It's only fair to let them know where they stand then they can

where they stand then they can make any decision they need to make from a position of knowledge.



slag MY ex has turned from

She is

acting like a

MY ex has turned from a nice quiet girl into an old slapper. We split up three months ago after four years and every time I see her she's behaving badly.

She's either snogging a bloke in some club or she's the centre of attention for a group of men in the pub. I've even heard she's had sex with several men at the same time and they filmed it. I can't believe how low she's sunk.

One of her friends told me in secret that her friends are worried about her and think she's only doing it so I will feel guilty for dumping her and ask her to go back with me. I still care about her as a friend, and I would like to help her.

JANE SAYS: I get the distinct impression that what you see and what you've heard about your ex is designed to upset you like it has done. She is acting as if she wants to shock you and she has. But she is your ex and however much you still care for her

and however much you still care for her as a friend she has her own life to lead. Whether it's a ploy to upset you or just how she is now, it's none of your business.

or your business.
If you start speaking
to her she might well
tell you where to go in
no uncertain terms, or
you'll be playing into
her hands if she wants
you back.
Sho's en edittered

She's an adult and doesn't need your

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Write to JUST JANE, Daily Star, 10 Lower Thames Street, London EC3R 6EN or email jane.gorman@dailystar.co.uk

### Dream bloke's filthy sex trick

I'VE lusted after a fantastic bloke at work for ages and

I'VE lusted after a fantastic bloke at work for ages and when he asked me out I was over the moon. I turned up at his flat expecting to go out. He gave me a drink and we chatted for a bit. He went to get something from his bedroom and then called me in. He was lying on his bed naked and demanded oral sex. I was horrified and turned to run away but I heard laughter from the wardrobe and when I opened it two of our work colleagues were hiding there watching. I'm just so glad I didn't do what he asked because if he'd been a bit more subtle I would probably have had sex with him. Now everyone at work knows and I feel like an idiot.

JANE SAYS: You did nothing wrong, but he did and his silly trick backfired because not only did you refuse to do what he asked, but you found his two sniggering pals in the wardrobe.

tne wardrobe.
This guy needs pulling down to size, but I suspect he is counting on you keeping quiet.
Hold your head high and if anyone asks you what happened tell them the truth.

### HE LIKES IT ROUGH Day three









### The Tree gazer who knows your future

(Mar 21-Apr 20)

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### **Aries**

YOU may want a piece of the action, but might end up a victim if you're not careful. How did you get involved in all of this? The good news is that a personal issue will resolve itself today – and you can't believe you managed to work your magic on someone. To see why being smart could save you an absolute fortune, call.

vou an absolute fortune, call...

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0906 751 5771 (01) \*

### Taurus

(Apr 21-May 21)

THIS is not a day to approach those in authority or the family. There are all sorts of things you shouldn't do, but that won't stop you crashing a party. An enjoyable evening could be interrupted. You are not used to people spoiling your fun. To see why you can and should stand up for yourself, call....

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### Gemini

(May 22-June 22)

YOU might have to move up a gear if you want something at home today. There is a lot goling on at work as well. Even though your plans may be wrecked, you should try and stand your ground. Your work won't be up to its usual standard but you don't have to justify your efforts. To see why good news is on the way, call...

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(July 24-Aug 23)

### Cancer

(June 23-July 23)

YOU need to check your finances and not make too many impulsive purchases today. It it is worth remembering that others have no idea what budgeting means. You are undervalued enough without picking losers. On another level, someone's loss is your gain. To see why it's time to sell up, call...

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### Leo

SATURN in Leo makes a sharp angle to Mars in Scorpio, and the tension at home will be hard to stomach. Unfortunately, you may ignore the only person who cares. Of course, you are right to question their motives today. You'll be fascinated by their answers. To see why you always tell the truth when it comes to love, call...

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### Virgo

(Aug 24-Sep 23)

YOU may find yourself shuffling back and forth and not getting anywhere fast. The confusion is even more annoying because you are trying to sort your life out. Your organisational skills will be tested today. However, you are not as limited as you think. For an interesting new perspective on money, call...

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### Libra

(Sep 24-Oct 23)

YOU could become involved in a personal dispute, and need to be a bit careful about what you say. No doubt you have a guardian angel who is watching over your choices. You need to be on your guard now – plenty of people are waiting to take advantage of you. To see why you are the sole beneficiary, call...

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### Scorpio

(Oct 24-Nov 22)

THE combination of Mercury and Mars in Scorpio can make you argumentative and difficult to get along with today. Try to refrain from discussing matters that create problems. The important thing is to let others act for themselves. That way, no one can blame you if things go wrong. To see why you are more desirable than ever, call...

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### Sagittarius (Nov 23-Dec 21)

YOU may be required to shift your focus and your thinking today. Even so, your ability to act decisively will desert you. This is largely because certain individuals are out of your control and not prepared to meet you halfway. Perhaps you should take a leap of faith and just go for it. To see why your persistence will pay off, call...

0906 751 5771 (09) \*

### Capricorn (Dec 22-Jan 20)

DON'T make any financial commitments before checking things out first. You may be willing to take a risk, though certain promises are unlikely to be kept. What you really want is probably unrealistic. However, don't give up on a friend, even if you have serious reservations today. To see why it's time to raise the stakes, call...

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### **Aquarius** (Jan 21-Feb 19)

NOT a day to ask too many questions. In NOI a day to ask too many questions. In fact, colleagues and partners are inclined to be fairly outspoken, and you could provoke an explosion. You will probably storm off yourself today. You don't want to be rude, but you've got an appointment to keep. To see why you are at the hub of everything at the moment, call...

send DSAOU to 85100

0906 751 5771 (11)

### **Pisces**

(Feb 20-Mar 20)

YOU might end up wandering off today. However, there will be a lot of calls and things to sort out and you will end up having KO to explain your absence. Just say you are taking a break. Strangely, one of your flights of fancy could actually come off. You will be clumsy and ratty today. To see why you won't be on your own, call...

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\* When you telephone to hear Justin's weekly in-depth forecast, you will be asked to dial your special Zodiac Number. This is the number in brackets next to the general number under each of the star signs. Calls to Justin's Zodiac Lines cost 75p per minute from a BT landline. Subscribe to receive Justin's daily texts for 50p per message per day, eg lext DSARI to 85100. You will be sent one new message this is a subscription service — it will cost you 50p per day until you text your star sign's code followed by STOP, eg DSARISTOP to 85100. For help call 0870 834 7549.







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